TEA BASICS TYPES AND PREPARATION



All Tea comes from ONE plant - CAMELLIA SINENSIS

WHITE TEA (Blue tin) is picked by hand, withered in the shade & dried at low temperatures until it reaches 3% moisture. White Tea MUST contain the bud, which is the newest growth of the plant, making it higher in anti-oxidants. Naturally caffeinated. Depending upon specific Tea, we suggest steeping precious White Teas for 3-5 minutes (or to taste) at 130-155°F

GREEN TEA (Green tin) is the upper and outer third of the plant that is picked by hand, wilted, then may or may not be steamed to neutralize active enzymes prior to firing (pan fired or dried in a low temperature oven / food dryer). After wilting, the Tea leaf can be manipulated by skillful and creative hands to achieve the desired leaf finish, or shape before finish drying / firing. Naturally caffeinated. Depending upon specific Tea, we suggest steeping delicate Green Teas for 3-5 minutes (or to taste) at 130-155°F

OOLONG TEA (Orange tin) is basket tossed after withering to facilitate oxidation. There is no steaming, as the enzymes need to remain active. Basket tossing bruises the edges & exposes the leaf's enzymes to oxygen, initiating oxidation (browning). Oxidation is the process that results in the flavor profiles of Oolong Tea. After desired amount of oxidation occurs the leaf is fired to dehydrate the leaf, and halt the oxidative process. Naturally caffeinated. Depending upon specific Tea, we suggest steeping Oolong Teas for 3-5 minutes (or to taste) at 160-195°F

BLACK TEA (Purple tin) is roll-broken after withering. There is no steaming, as the enzymes need to remain active. Roll breaking cracks the surface of the leaf exposing the leaf's enzymes to oxygen-initiating browning. After FULL oxidation occurs, the leaf is fired to dehydrate. Naturally caffeinated. Depending on specific Tea, we suggest steeping Black Teas for 3-5 minutes (or to taste) at 175-195°F

TISANES (Red tin) are not true "Tea"; they do not contain Tea leaves (Camellia sinensis). Tisanes contain HERBS, SPICES, FRUIT, SEEDS or other botanicals to create unique flavor / nutritional / medicinal profiles. Naturally caffeine-free. Depending on specific Tisane and desired taste, we suggest steeping Tisanes for anywhere from 3-5 minutes, (or to taste) at a temperature range of 160-195°F.

HOW MUCH TEA SHOULD I USE? Use 2 grams (approximately 1 "teaspoon") per 12 oz. of water. Our Teas & Tisanes can be re-steeped for as long as they still yield flavor & color. Refrigerate leftover infusions. Let loose leaf Tea dry out for re-use the next day.

MATCHA INFORMATION



Matcha is the oldest variety of shade-grown ceremonial Green Tea and has been part of the Zen Buddhist culture for thousands of years. Unlike standard Teas where the most nutritious Tea leaves are discarded along with the Tea bag after infusion, Matcha Green Tea is ground into a very fine powder, mixed with water (or into a smoothie) and consumed entirely. Thus, by virtue of "eating" the Tea leaves (soluables and insoluables) rather than just drinking the water off the leaves, one consumes approximately 15 times the nutrients found in regular Green Teas.

INCREDIBLY HIGH ANTI-OXIDANTS

A single serving (2 capsules or 1/2 tsp) of our ceremonial Matcha is very high in antioxidants which are known for their many health benefits. Get ready to feel great.

MATCHA DO'S AND DONT'S

- · Keep Matcha powder refrigerated.
- · OK to store capsules at room temperature.
- Do not combine Matcha with dairy, vitamins, medications, etc. for at least an hour or as recommended by physician.
- Do not heat over 118 degrees. Matcha is raw, living food and heat will decrease anti-oxidants.

OUR MATCHA SMOOTHIE "SHOT" RECIPE (1 serving)

Combine in blender:

- 1oz. Vanilla Coconut Milk (may substitute any vegan "milk")
- 1oz. Pineapple Juice
 Once in a nice "swirl" in blander car
 - Once in a nice "swirl" in blender, carefully remove cover and add:
- 1/2 tsp. (1g) Light of Day Organics Matcha powder Blend for a few more seconds.

Enjoy immediately. Only blend what you will use that day.

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